

THE

BOXBOROUGH BUZZ

SENIOR NEWS YOU CAN USE



August 2025

Council on Aging

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Pizza Party

Escape the heat and enjoy a Pizza Party in the air-conditioned **Community Center** on **Wednesday, August 13 at noon**. The event is sponsored by the Boxborough Conservation Trust, an all-volunteer, private, non-profit land trust founded to preserve Boxborough's rural character and natural resources through land preservation, engaging the community, and stewardship. Please **RSVP** by Monday, August 11.

The Beat Generation – A 1950s Cultural Review

Do you know that the 1950s were "The Beat Generation?" Let's go back in time for a cultural review of the 1950s through music on **Thursday, August 14 at 1:30 PM** at the **Community Center**. The 1950s conjure up images of the Korean War, the beginnings of the Cold War, the Civil Rights movement, the Hula-Hoop, and Elvis. We will pay tribute to many of the greats: Chuck Berry, Buddy Holly, Ray Charles, Pat Boone, and others. This presentation features live acoustic music and audience sing-alongs, as well as audio and video clips, highlighting the best (and sometimes the worst) of the 1950s. The presenter is Fran Hart, founding member of the Beatles tribute band "4EverFab". Please **RSVP** by Monday, August 11.

This program is supported in part by a grant from the Acton-Boxborough Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

The Funniest Moments in Film

Mark your calendar for **Wednesday, August 20 at 1:30 PM** at the **Community Center** to enjoy the award-winning author and pop culture historian, Marty Gitlin, for this interactive presentation which highlights the best from the silent era to the modern era. Marty will show videos of the best laugh-out-loud scenes from the 1920s to today, including snippets of such stars as Harold Lloyd, Groucho Marx, Woody Allen, Peter Sellers, Mel Brooks, Dustin Hoffman, and Robin Williams. You will be entertained by the funniest moments in comedies such as Some Like it Hot, The Producers, Blazing Saddles, Monty Python and the Holy Grail, Naked Gun, Tootsie, Planes, Trains and Automobiles, and The Birdcage. The presentation includes fun trivia questions and a question-and-answer period. Don't miss out! **RSVP** by Thursday, August 14.

*Please note: All Boxborough COA **RSVPs** should be made to:
Ami at ascheen@boxborough-ma.gov or 978-264-1730 or to
Kim at kdee@boxborough-ma.gov or 978-264-1717.*

Kim's Corner

Council on Aging Board News: Marney Stoumbelis recently resigned as one of our contributing board members. Thank you, Marney, for all your time and efforts serving on our board. You will be missed.

Longtime, valued board member, Barbara Birt, agreed to continue serving on the board for another 3 years. Thank you, Barbara. We sincerely appreciate you extending your time with us and for all your contributions.

We want to welcome new board member and longtime resident of Boxborough, Dr. Edwin Knights. Thank you, Ed, for volunteering. We look forward to working with you.

The Council on Aging meets once a month, usually on the second Monday of the month at 2 PM, at Town Hall and sometimes on Zoom. The meetings are open to the public. We serve the population of Boxborough residents age 60 and over, which is now 31% of the total population.

We would like your input of what your interests are for future programming. Look for more information in September.

Happy August!

Kim

Nashoba Associated Board of Health

There are no Wellness Clinics this summer.

Podiatry Clinic

There is no podiatry clinic in August. Please call the COA after **Monday, September 1** to make an appointment for the next clinic on **Wednesday, September 17**.

Ask A Lawyer

Call the COA to make an appointment with Attorney Kitty O'Connor of Ekel, Hoag, and O'Connor for a free 15-minute appointment on **Wednesday, August 6** beginning at **10:30 AM**. She will offer consultations for your legal questions at the Community Center or over the phone, depending on the volume of requests. The next Ask A Lawyer program will be offered on **Wednesday, September 3** with Attorney Cathleen Summers of Generations Law Group.

Coffee & Chat with Kim

Kim will offer coffee, tea, and a light snack to all those who come by the **Community Center** on **Wednesday, August 27 at 10:30 AM**. Please join us for a bit of socialization with pleasant conversation. Registration is not necessary, just stop by and say hello. I hope to see you then.

Public Safety

Fire Safety can be lifesaving. You should have a plan to get out of the house in the event of a fire emergency.

- Keep eyeglasses, canes, walkers, hearing instruments, and cell phones next to the bed or wherever you sleep at night.
- Make sure that all pathways are clear of clutter and be aware of tripping or hazards.
- Install night lights throughout the house to prevent falls.
- When you hear smoke or carbon monoxide detector alarms, please make sure to exit the house safely.
- Call 911.

Do not return to your home until it is deemed safe to reenter the building.



The Museum will be open
2 to 4 PM Sundays
August 10
September 14
October 12

Call John Fallon 978-264-0069 to schedule visits at other times.

Help the COA save money by reducing paper and postage expense and receive "The Buzz" online. To receive a digital copy, please notify Ami or Kim with the email address to which you want it sent.

Senior Living and Home Care: Understanding Your Options

Join us on **Monday, August 18 at 1:30 PM** in the **Community Center** for an informative explanation of senior care by Deb Tishler, RN, of Assisted Living Locators. She will explain the differences between independent living, assisted living, continuing care, memory care, skilled nursing, rehab, nursing home, and respite. She will also make clear what is and is not provided and the questions to ask when searching for the right choice. You will learn what home caregivers are trained to do, typical costs, and the many benefits of using a certified home health agency (training, liability, insurance claims, for example). Please **RSVP** by Thursday, August 14. There will be ice cream.

Out to Lunch

August's Out to Lunch will be **Thursday, August 21 at 11:30AM at Tiny's Restaurant**, located at 2 Groton School Road, Ayer. Tiny's is famous for its generous portions. Their fish n' chips and onion rings are a couple of their most popular items. The menu offers a wide variety including vegetarian dishes, hot and cold sandwiches, as well as deli, steak, and Italian dishes. Individual checks will be provided. Please **RSVP** by Tuesday, August 19.

Spa Day Returns

A Spa for You from Westford returns to pamper us on **Monday, August 25 from 10:30 AM to 1 PM at the Community Center**. Each service is 15 minutes and costs \$15 per service. Choose from the following services: Chair Massage, Facial, Cut, File and Paint Fingernails or Toenails or both, Foot and Leg Massage.



Register with the COA no later than Wednesday, August 20 to take advantage of this wonderful, inexpensive opportunity to pamper yourself. A minimum of 20 services total is requested for Spa Day to happen.

Buttrick Estate Field Trip

Buttrick Estate will be August's **free** field trip on **Monday, August 25 at noon**. The estate is located at **174 Liberty Street, Concord** and is the National Park Services North Bridge Visitor Center. This brick mansion features a short video about the North Bridge fight, a bookstore, and exhibits that include a brass cannon "The Hancock". Please **RSVP** by Wednesday, August 20. The van will leave Town Hall at 11:30 AM; rides are first come first served for a fee of \$4 per person.



COA Van Services

COA van services are available to Boxborough residents age 60 or older, and to adults with disabilities age 18 and above. Rides are offered **Tuesdays, Wednesdays, and Thursdays, 9:30 AM to 3:30 PM**. The van travels to towns bordering Boxborough and may be used for medical appointments and local errands. Medical rides to Concord are considered local. Medical rides to other towns are subject to availability. To book a ride, call 978-264-1730. Rides are free until further notice.

We offer Boxborough seniors and disabled adults transportation, through our **Go Boxborough!** program, to medical appointments that are outside the service area, time, or availability of our van. For further information, rates, and to make reservations call 978-264-1730. Visit our website at bit.ly/3rBYnw5 for details.

All reservations must be made 48 hours in advance. Medical rides can be reserved 1 month in advance. Reservations for local rides can be made 1 week in advance.

Fall Mindfulness and Meditation

Erin Loporto, IAYT Certified Yoga Therapist is offering a Mindfulness and Meditation program at the **Community Center**. Mindfulness and meditation can reduce stress, relieve symptoms of anxiety and depression, improve health and relationships, and help you live a more present life. Expect to learn skills and techniques for both mindfulness and meditation and how to navigate those tricky moments in life. Registration for this twelve-week session begins on Tuesday, August 12 for Boxborough residents and Tuesday, August 26 for non-residents. Minimum class size is six Boxborough Residents. Fee: \$48. Classes are at **10 AM** beginning on **Tuesday, September 2** and run through **Tuesday, November 25**.

Space is limited.

AB Rotary and Boxboro Regency Hotel Senior Luncheon

Boxborough seniors are invited by the AB Rotary Club and the Regency Hotel to be their guests at a **noon** luncheon on **Sunday, September 7** at the Boxboro Regency Courtyard. The menu includes Regency Chicken, mashed potatoes, green beans, rolls, butter, and apple pie. Entertainment will be provided. Please **RSVP** to the COA office by August 27.

Farmers Markets Coupons

The COA has received five \$25 coupons for local Farmers Markets through Minuteman Senior Services. These can be distributed to Boxborough seniors aged 60+ whose income level is \$27,861 per year or less for a one-person household, or \$37,814 per year or less for a two-person household. Please contact Kim at 978-264-1717 if you qualify and would like to receive one of these coupons.



R U Okay?

A new Council on Aging program is ready to begin and it is called "R U Okay?" This program establishes a pre-arranged time for participants to receive a regular phone call to inquire about their welfare. This will benefit people who live alone and may be at risk for falls, accidents, sudden illness, and/or social isolation. The caller, a COA volunteer, will determine if there is a concern and take the necessary action. That may involve providing information, reaching out to their emergency contact, or requesting a police officer or EMT to the location for a safety check. Please call Kim at 978-264-1717 or email her at kdee@boxborough-ma.gov to inquire about the program or to register.

IT Services

The Boxborough Council on Aging offers Information Technology (IT) services

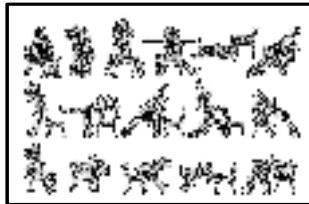


through volunteers. If you need assistance with your technology devices, such as computers, tablets, or cell phones, please contact the Council on Aging so we can gather the necessary information and pass it on to the volunteers. They will contact you to help you over the phone or arrange a meeting at Town Hall. Our volunteers do not make house calls.

If you would like to become a volunteer or know of anyone who would like to become a volunteer, please let Kim or Ami know.

Library News

Join us for an **End of Summer Party** at the **Library** on **Thursday, August 14** from **5 to 7 PM**. This is an event for all ages. You will have a chance to be inside a video game. There will be live music by the Potato Shakers, ice cream, and an inflatable obstacle course. For more information, see the Library event calendar on the Library's website: boxlib.org.



Ongoing Events, Classes

To learn more about any event, call
the COA: 978-264-1730 or
978-264-1717.



Fitness with Holly in-person: Class meets at the Community Center, Mondays and Wednesdays, 9 AM. Next session begins Monday, September 29.

Fitness with Holly via Zoom: Class meets on Fridays, 9 AM on Zoom. Next session begins Friday, October 3.

Game Day: Drop in to play Mexican Train Dominoes, or other games like Rummikub or Mahjong. Make new friends, chat, and enjoy each other's company. Tuesdays, 1 to 3:45 PM at the Community Center.

Knitting Group: A group for those who enjoy knitting, crocheting, beading, cross-stitching, or any craft at all. Make new friends and work on your project. Meets Wednesdays, 2 to 4 PM at the Library. For more information contact annemcne@comcast.net.

Coffee & Chat with Kim: Join Kim and others for coffee and conversation, usually the fourth or last Wednesday of the month at 10:30 AM at the Community Center. This month's chat will be on Wednesday, August 27.

Ask a Lawyer: Free 15-minute sessions with a lawyer on the first Wednesday of the month, 10:30 AM – 12:30 PM at the Community Center. Please contact the COA for appointments. Next meetings August 6 and September 3.

Mindfulness and Meditation: Meets Tuesdays at 10 AM in the Community Center. Next session begins Tuesday, September 2. Register in August. No classes in August.

Chair Yoga – Hybrid: Modified yoga moves performed with a chair for added support. Meets Thursdays, at 9:15 AM in-person at the Community Center and on Zoom. Next session begins Thursday, October 2.

Mat Yoga: In person floor and standing yoga poses, and strength exercises, for stretching and flexibility. Meets at the Community Center on Thursdays at 10:30 AM. Next session begins Thursday, October 2.

Well Adult Clinic: Held on the second Wednesday of the month, 11:15 AM to 12:15 PM at the Community Center. Nashoba Associated Boards of Health hosts a monthly wellness check and blood pressure clinic for all ages. Next clinic is Wednesday, September 10.

Podiatry Clinic: Dr. Alissa Kuizinas holds a podiatry clinic every 6-8 weeks at the Community Center, 10:30 AM to 3:45 PM. The next clinic is Wednesday, September 17.

Monthly Lunches: Free lunches for Boxborough residents age 60 and over at the Community Center on the second Wednesday of the month, sponsored by a variety of groups and businesses.

Out to Lunch: Monthly gatherings at local restaurants where you choose from the menu and pay for your own lunch. The next lunch is Thursday, August 21.

Grief Support Group: Nashoba Associated Boards of Health's (NABH) grief support group meets the first Tuesday of the month at the Library at 3 PM, next meetings August 5 and September 2.

The Friends of the Council on Aging provides financial and volunteer support for programs, classes, and special events of the Friends and the Council on Aging,

To make a donation, clip out this form and send your tax-deductible gift to the Treasurer,

**Patty Gayowski,
31 Eldridge Road,
Boxborough, MA 01719.**

Make checks out payable to the **Friends of the COA**. Thanks!

Donation:

\$5 _____ \$10 _____ Other _____

Name _____

Address _____

In Memory of _____

In Recognition of _____

August 2025

SUN	MON	TUES	WED	THUR	FRI	SAT
					1 9-Fitness w/Holly via Zoom	2 10:30-FreeBee-Only Food Rescue
3 9-Fitness w/Holly	4 1-Game Day 3-Grief Support Group at Library	5 9-Fitness w/Holly 10:30-Ask a Lawyer 2-Knitting Group	6 9:15-Chair Yoga (Hybrid) 10:30-Mat Yoga	7	8 9-Fitness w/Holly via Zoom	9 10:30-FreeBee-Only Food Rescue
10 2-4 PM Boxborough Museum	11 9-Fitness w/Holly 2-COA Board Meeting	12 1-Game Day	13 9-Fitness w/Holly Noon-COA Pizza Party Sponsor: Boxborough Conservation Trust 2-Knitting Group	14 9:15-Chair Yoga (Hybrid) 10:30-Mat Yoga 1:30-The Beat Generation-A 1950s Cultural Review 5-7-End of Summer Party at Library	15 9-Fitness w/Holly via Zoom	16 10:30-FreeBee-Community Market
17 18 1:30-Senior Living and Home Care: Understanding Your Options	19 1-Game Day	20 9-Fitness w/Holly 1:30-Funniest Moments in Film 2-Knitting Group	21 9:15-Chair Yoga (Hybrid) 10:30-Mat Yoga 11:30-Out to Lunch: Tiny's in Ayer	22 9-Fitness w/Holly via Zoom	23 10:30-FreeBee-Only Food Rescue	
24 25 9-Fitness w/Holly 10:30-Spa Day	26 1-Game Day	27 9-Fitness w/Holly 10:30-Coffee and Chat with Kim 2-Knitting Group	28 9:15-Chair Yoga (Hybrid) 10:30-Mat Yoga	29 9-Fitness w/Holly via Zoom	30 10:30-FreeBee-Only Food Rescue	
31 Noon-Field Trip: Buttrick Estate in Concord						

Out of Town Mt. Calvary Church, Acton

Community Supper, Wednesdays, 4:45 to 5:45 PM

Support Services for Seniors

Minuteman Senior Services provides a variety of services including Meals on Wheels, care management, caregiver support, elder protective services, home care, money management, and referrals to other appropriate resources. For more information call 781-272-7177 (toll free 888-222-6171), or visit minutemansenior.org.

SHINE (Serving Health Insurance Needs of Everyone) provides appointments to discuss Medicare options. Call the Acton COA at 978-929-6652 to set up an appointment with our mutual Minuteman Senior Services' Medicare Information Specialist.

Cooperative Elder Services in Acton is a non-profit program that provides adult day health services to seniors and adults with medical or cognitive challenges. Call 978-448-1400 or visit elderdayservices.org/services-acton for more information.

Mt. Calvary Community Supper, 472 Mass Avenue, Acton, is open to all, for in-person suppers in their dining room on Wednesdays from 4:45 to 5:45 PM. Call 978-263-5156 or visit mtcalvaryacton.org/community-supper for more information.

Acton Food Pantry distribution schedule is 10 AM to 7 PM on Wednesdays and 9:30 to 11:30 AM on Thursdays, at 235 Summer Road in Boxborough. Closed the week of the fourth Wednesday of every month. Call 978-635-9295 or visit actonfoodpantry.org.

Fuel Assistance Program is administered by the Southern Middlesex Opportunity Council and helps low-income residents with heating costs between November 1 and April 30. Call the COA at 978-264-1730 or 978-264-1717 to be put in touch with our COA volunteer Robert McNeece for more information.

Veterans' Services – Contact Veterans' Agent James MacRae 978-929-6614 or stop by his Boxborough office hours at the Boxborough Town Hall on Tuesdays 10 AM to 2 PM.

Grief and Healing Support Group: Meets the second Thursday of each month at the Library, 2 to 3 PM. They honor all types of grief, including grief due to loss, change, and transitions. In recognition that grief has no time frame, those who grieve are welcomed at any time in their journey. Contact Karen Campbell at 978-772-3335 ext. 322.

Important Non-Emergency Numbers:

- Police: 978-264-1750
- Fire: 978-264-1770
- Town Hall: 978-264-1700
- Animal Control: 978-264-1750
- Littleton Electric Light and Water Department: 978-540-2222
- Boxborough COA at 978-264-1717
- COA transportation at 978-264-1730

Help Line and Hotline Numbers:

- Medicare: www.medicare.gov, 800-633-4227, TTY 877-486-2048
- Social Security: www.ssa.gov, 800-772-1213, TTY 800-325-0778
- Alzheimer's Association Helpline: www.alz.org, 800-272-3900
- National Suicide Prevention: Dial 988
- National Domestic Violence Hotline: 1-800-799-7233
- National Alliance on Mental Illness (NAMI): 781-982-3318.
- Massachusetts Council on Gaming & Health: 1-800-426-1234.
- Massachusetts Senior Legal Helpline: 1-800-342-5297 Monday-Friday 9:00am-noon.

Save the Dates: Fall Special Town Meeting at the Boxboro Regency - 10/14 and 10/15
Special Town Meeting at the Boxboro Regency - 12/15 and 12/16
Reminders: FreeBee dates in August: Food Rescue – August 2, 9, 23, 30
Freebee Community Market – August 16

Submit items for the September 2025 issue by Wednesday, August 6, 2025
to boxboroughbuzz@gmail.com



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